



Sun Protection Policy

Research has shown that the right balance of exposure to UV radiation is essential for a person's health and wellbeing. It is important for children to be outside for their physical, social, cognitive and emotional developmental needs so therefore Cobbler Creek OSHC and Vacation Care will take every logical precaution to protect children and educators from harmful effects of exposure to the sun. Our policy is consistent with the Cancer Council's SunSmart recommendations in an OSHC setting.

This policy aims to ensure all children and staff attending Cobbler Creek OSHC are protected from the harmful effects of the sun throughout the year and that we provide an environment that supports sun safety awareness and practice.

Before School Care Procedure

As the UV radiation levels are rarely 3 and above during this time, the implementation of the Sun Protection Policy is not necessary. We will monitor the local UV radiation and sun protection times daily on the SunSmart App to ensure levels are below 3 during before school care and adhere to the sun protection policy when required.

After School Care Procedure

Children and educators use a combination of sun protection practices between September 1st and April 30th and when the UV is 3 and above at other times. This includes hats, clothing, sunblock and use of shaded areas. The UV radiation levels and sun protection times are checked daily on the SunSmart App to see if and when children and educators are required to use sun protection.

Vacation Care and Pupil Free Day Procedure

Children and educators use a combination of sun protection strategies between September 1st and April 30th and when the UV is 3 and above at other times. This includes hats, clothing, sunblock and use of shaded areas. The UV radiation levels and sun protection times are checked daily on the SunSmart App to see if and when children and educators are required to use sun protection. Sunscreen will be applied at the start of every two hour session.

Sunscreen

- Sunscreen will be applied if the UV radiation is 3 and above throughout the year
- SPF 30 or higher broad spectrum, water resistant sunscreen is available for children and educator's use
- Sunscreen is reapplied at every two-hour session.
- Children are to apply their own sunscreen and will receive a stamp when applied properly. Educators will assist if required.
- Sunscreen is stored in a cool place, out of the sun and the expiry date is monitored.

Hats

All children and educators are required to wear either a legionnaire, broad brimmed or bucket hat whenever they are outside, including the Cola, between September 1st and April 30th. Baseball or peak caps are not acceptable. No hat no outside play will also be enforced.

Clothing

When attending this service, children and educators are to wear clothing that covers as much skin as possible. Shoulders must be covered at all times. No tank tops and strappy dresses are to be worn. Appropriate shoes must also be worn at all times. Sandals must have a back strap. No thongs to be worn at any time.

Shade and protection

- Children are encouraged to choose and use available areas of shade when outside.
- The service will be attentive of programmed outdoor activities that occur during peak UV periods during the day and will try to limit these activities or conduct them in shaded areas.
- The availability of shade is considered when planning excursions and all other outdoor activities.

For Safe Exposure, the directors and educators will:

- Check the UV index daily using the SunSmart App
- Follow the Sun Protection policy when the UV radiation is 3 and above.
- Encourage safe levels of exposure when the UV index is below 3
- Educators are to role model good sun-safe practices and follow the service's Sun Protection policy
- Encourage children to take responsibility for their own sun protection and support them to develop positive skin protection behaviours. Discuss 'sun smart' procedures with children.
- Provide an environment that allows children and educators to access areas of both sun and shade.
- Support our services' strategies to meet its duty of care and occupational health and safety obligations to minimise harmful UV exposure for children and staff.
- Keep up to date with relevant practices through the Cancer Council South Australia
- Review the Sun Protection Policy at least every three years.

Resources/References

The sun protection procedures link to the following:

National Quality Framework Area 2: Children's health and safety

My Time, Our Place Framework Outcome 3: Children have a strong sense of well-being

Cancer Council of SA Sun Smart OSHC and Vacation Care at:

<https://www.cancersa.org.au/cut-my-risk/sunsmart/sunsmart-information/sunsmart-oshc-and-vacation-care-program>

Effective from January 28th 2020

Review January 2023